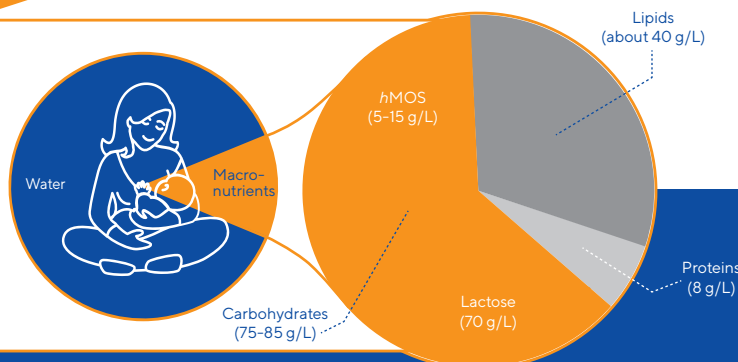
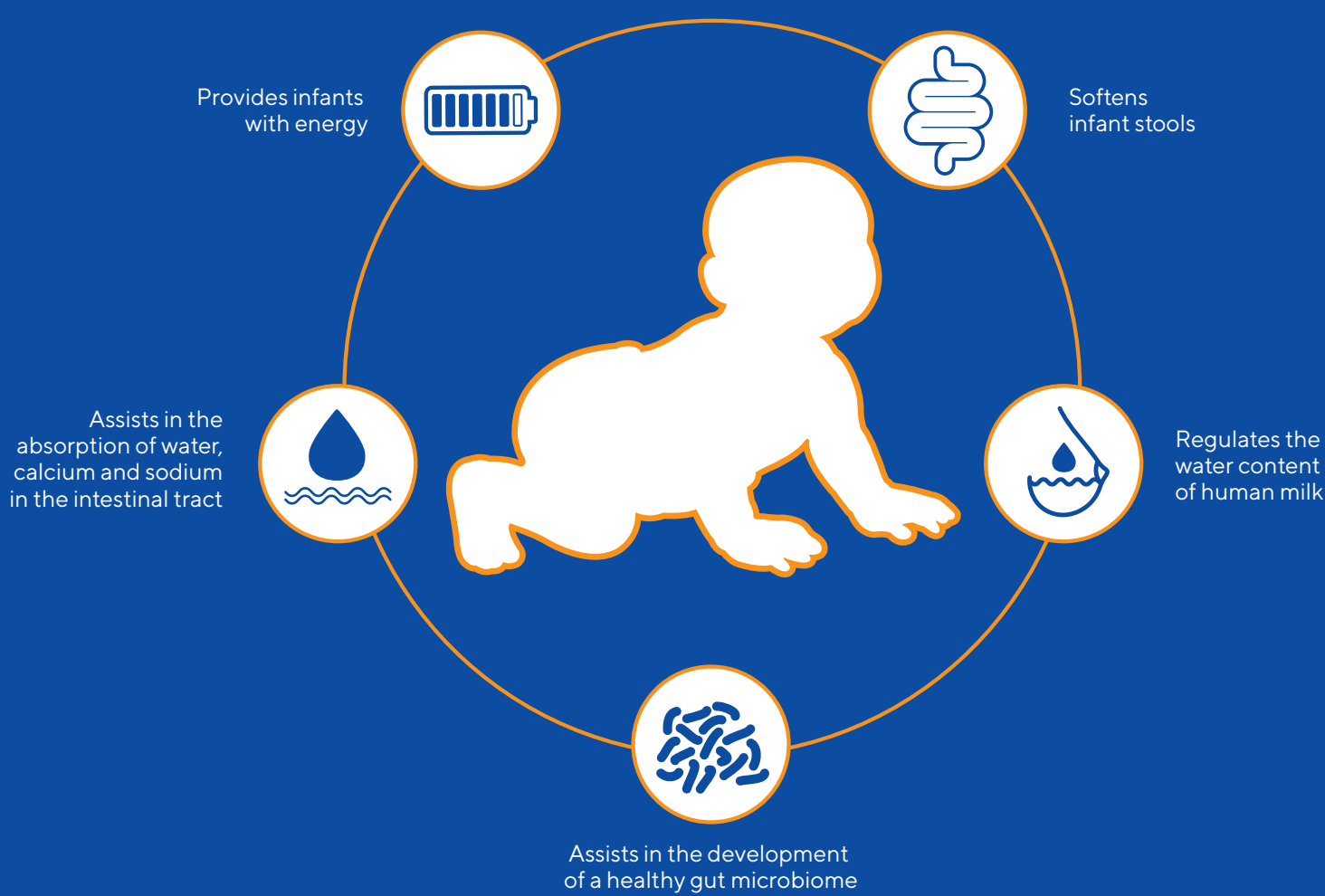


Carbohydrates

Carbohydrates consist of lactose and oligosaccharides. Lactose is the major carbohydrate in all mammalian milk and is an important source of energy. Oligosaccharides have a prebiotic function in the intestine.



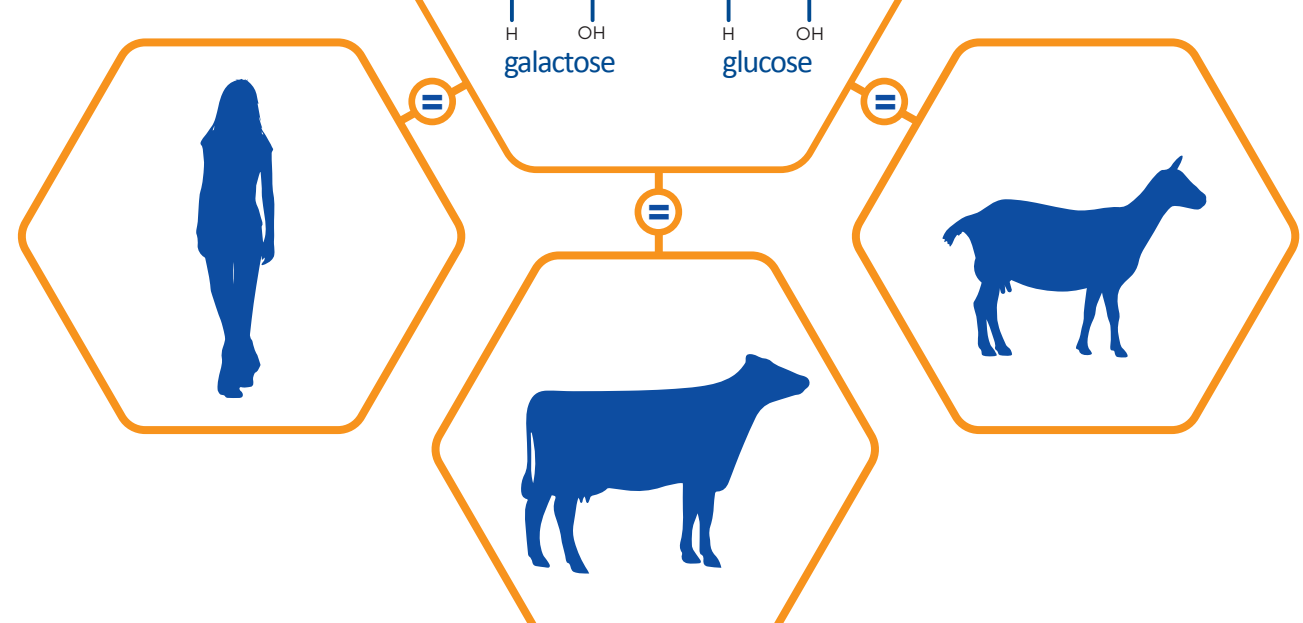
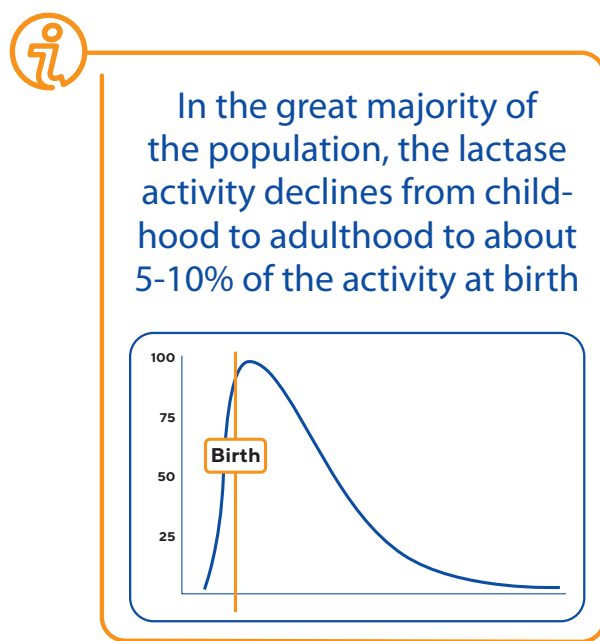
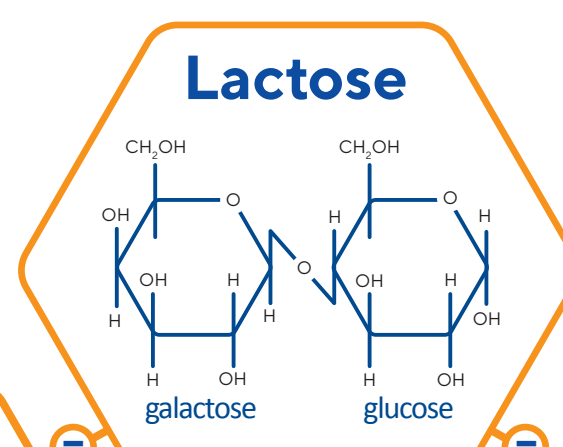
Functionalities of carbohydrates:^{1,3,4}



Approximately **40%** of the energy in human milk is derived from carbohydrates.¹

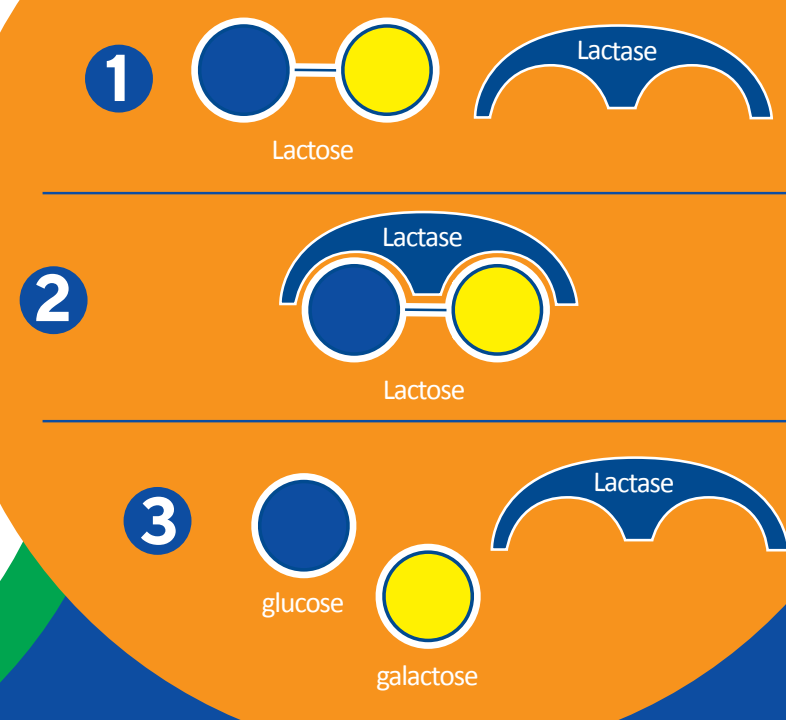
Lactose has exactly the same chemical structure in all mammals, making human, cow or goat's lactose all identical!

Also known as milk sugar



Lactose is broken down by an enzyme called lactase

Lactase activity is highest immediately after birth which is very important because milk is the only source of nutrition for an infant⁵



Lactose intolerance: gastrointestinal symptoms caused by incomplete digestion of lactose

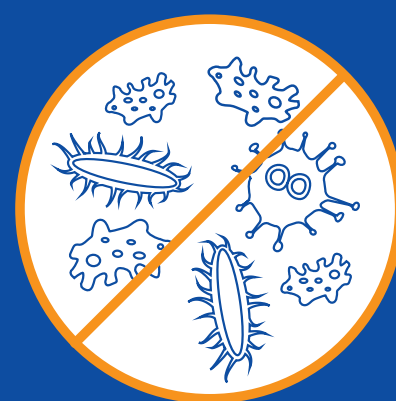
Lactase deficiency: a decline in lactase activity in the small intestine, which leads to incomplete digestion of lactose

Or complex carbohydrates

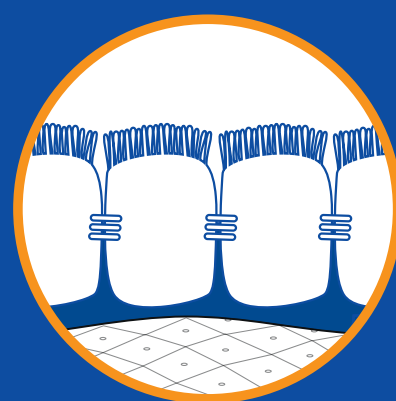
Human milk oligosaccharides (hMOS) are the second largest group of sugars present in breast milk^{4,5}



Help develop well-balanced gut microbiota



Protect against pathogens



Support maturation of the digestive system



Stimulate maturation of immune system

EXAMPLES OF hMOS



Approximately **1%** of the total milk are hMOS^{8,9}

Over **200 different hMOS** have been identified¹²

Would you like to learn more about oligosaccharides in goat milk?
[click here](#)

References: 1: Lawrence & Lawrence 2011. 2: Martinez-Ferez 2006. 3: Koletzko et al. 2005. 4: Bellard & Morrow, 2013. 5: Whitney & Rolfes, 2008. 6: Heyman 2006. 7: Curry 2013 8: Newburg, 2013. 9: Crawley & Westland, 2014. 10: Ayeche-Muruzabal et al. 2018. 11: Bode 2012. 12: Thurl, 2017.

Disclaimers:

- Ausnutria acknowledges that breastfeeding is the best food for infants aged 0-6 months and supports prolonging breastfeeding up to 24 months (age 2).
- For health care professionals only.